

Veterans' Mental Health

Armed Forces Covenant

NHS Greater Glasgow and Clyde have signed up to the **Armed Forces Covenant**, affirming its ongoing commitment to those individuals who currently serve, our Reservists and those veterans who are key members of our society. The Armed Forces Covenant is a promise from the nation that those who serve or have served in the armed forces, and their families, are treated fairly.

Dean Cameron, from NHSGGC, pictured right, tells us:

"I was in the army for 13 years and know first hand how difficult it is when you start to transition out the military. My role as Project Planning Officer for Veterans Mental Health has kept me in some way connected to the Armed Forces, it enables me to look at ways we can help improve veterans' mental health care here in Glasgow and help fulfil our obligation to the Armed Forces Covenant. It is important we as an organisation are aware of the challenges veterans face and what we can do to support them when the time comes for them to return the civilian world". For more information on the work of NHSGGC Veteran's Mental Health, contact dean.cameron@ggc.scot.nhs.uk



Resources and Supports

click on images to download information



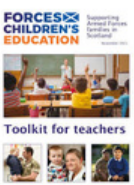
Offers mental health information targeted at Veterans and signposts to other supports.



Provide specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues resulting from their experiences during military service.



Provide medical welfare to those who have, and continue to, serve on the frontline. Supports include mental health and wellbeing, financial inclusion and substance use.

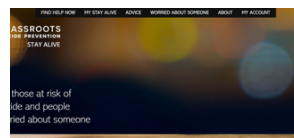


A toolkit for to help education staff answer the questions they will have when a pupil from an Armed Forces family joins their school. The toolkit aims to provide insights into Armed Forces children, improve outcomes for them and provide professional development and resources.

APPS



Helps find trustworthy and reliable resources, offering not only info about common mental health symptoms and conditions but also materials to help manage them.



StayAlive Essential suicide prevention for every day life. Provides useful information and tools to help you stay safe in a crisis.

Helplines, Webchats and Online Supports

Phone **111** if you are feeling distressed, in a state of despair, suicidal, in need of emotional support and asked to be put through to the Mental Health Hub. If the you feel the individual is in immediate danger call **999**.



For anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call free on **0800 83 85 87**. Mon-Thurs 6pm to 2am, Fri 6pm-Mon 6am. **Breathing Space**
Open up when you're feeling down

Call any time, day or night. Whatever you're going through, you can call any time, from any phone for FREE, **116 123**.



NATIONAL DEBTLINE

Call **0808 808 4000**, Mon to Fri 9am-8pm and Sat 9:30am- 1pm.

Gamblers Anonymous Scotland

If you have a problem with gambling and need help, Call **0370 050 8881**, open 24 hours.



If you have a problem with drugs, Narcotic Anonymous UK can help, call **0300 999 1212** Open 10am- midnight 7 days a week.



If you need help with a drinking problem, Alcoholics Anonymous can help. Call free on **0800 9177 650**.



Click on image

Provides brief intervention, advice, referrals and emotional support via a Webchat service. Free and anonymous service for everybody who is in need of drug, alcohol or mental health support.

A safe, online service providing access to millions with anxiety, depression and other common mental health issues. Free for serving personnel, veterans, family members and carers.



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